

# Energy Zone Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Turbo Kick		Cardio Combo		
5:45am	Spinning™ & Core	Spinning™ & Core	Body Pump	Spinning™ & Core	willPower & Grace™	
	Body Pump					
8:00am						Spinning™
						Body Step
9:00am	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics	Body Pump
10:00am						Aqua Aerobics
						Zumba
11:00am				Spinning™		
11:30am	Pax Pump	Body Step	Body Pump	Zumba	Pax Pump	
4:30pm	Zumba	Body Pump	Body Step	Body Pump		
4:45pm	Spinning™		Spinning™			
5:00pm		Aqua Aerobics		Aqua Aerobics		
5:30pm		Distance Spinning™	willPower & Grace™	Distance Spinning™		

FREE to Active Duty, Retired & Reservist Military

\$4.50 per class, \$26 for 8 classes, \$55 for 20 classes, \$120 for 6 months unlimited